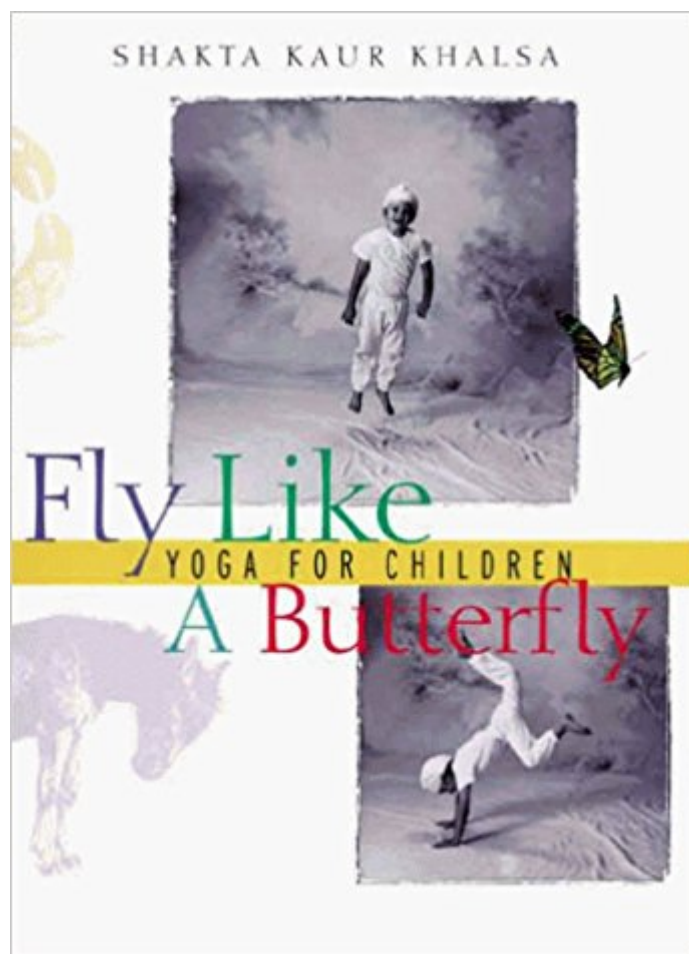




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# Fly Like A Butterfly: Yoga For Children



## Synopsis

"...an extensive repertoire of...postures that are perfect for children....challenging, imaginative, and fun, and they will really get kids in shape...Khalsa uses the poses to tell a story--a unique and inspiring book that radiates simplicity and joy--two of the most telling fruits of yoga."--Yoga International. "Parents with young children will quickly discover this gem...helps parents get youngsters involved in healthy activities by introducing them to animals and adventures through exercises like the spider stretch, bear walk, or fish pose; controlled breathing; and even relaxation techniques."--Library Journal--starred review.

## Book Information

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## Customer Reviews

PreS-Gr 4-Khalsa is enthusiastic about the exercises she includes but the presentation is uneven. Directions for the movements are mixed with brief stories or images for the participants to focus on. For example, "the yoga mountain story" is presented along with poses that reflect the action of the tale. Appealing black-and-white photographs of Khalsa's young students performing the exercises appear throughout. A separate section explains how each action helps the body and mind. Unfortunately, the instructions are sometimes unclear; the author often eliminates steps or does not fully explain a position. Also, she does not specify if all of the movements are safe for younger children. This book is confusing and mediocre at best. Thia Luby's *Children's Book of Yoga* (Clear Light, 1998) is a better choice.-Barb Lawler, Carnegie Library of Pittsburgh, PA Copyright 1999

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"Parents with young children will quickly discover this gem on library shelves." (Recommended as part of a library's core collection.) -- Library Journal, May 1, 1999

I am a mother and a child care provider. I have been interested in yoga for a long time and have purchased some books for myself. When one of the children in my care (5 years old) saw one of my books, she wanted to try some of the postures. I decided to look for a book that would be more appropriate for children. After speaking to the parents about it, I began integrating a little yoga practice into our weekly schedule using this book as a guide. The kids love it! Especially the animal postures! It is easy to follow and fun for them to do. They even like the relaxation and meditation parts of the workout, which I had my doubts about at first (the children in my care are quite active!) I would suggest parents read the book before starting to practice with the kids so that they can help them perform the postures better. Then they can read the book to the kids and follow it with them. The postures are great for children and adults. I love this book. It is simple, to-the-point, and fun. I would recommend it to anyone who has children or works with children. No prior experience with yoga is necessary. As the 5 year old in my care says: It's really, really easy!

Great book for teaching kids Yoga.

I have used this book in my preschool for over 10 yrs. Lost my copy and had to replace it!! The children so enjoy doing the poses in a story like way. I love it.

I'm a Kundalini Yoga teacher and this book help bring it to the children,

This is an amazing book. I have recently introduced yoga to my children ( 2 & 4) and they just love this book, as do I. The photos are great and there are many different routines that you can adjust to your families skill level. I have really enjoyed practicing them with my children too!

I just love the way of Shakta Kaur Khalsa! Lovely spirit! Thank you, I'm so grateful! Best wishes Nina

This is just what I was looking for. It showed up on time and in great condition. :) thanks.

This book is far too simple, a few poses. Images are nice but that is it.

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